WORKOUT PROCESSING SYSTEM

ABSTRACT

5   There is provided a physical fitness workout processing
methodology and system for enabling remote scheduling and
set-up of workout sessions for individual gym members or
groups. In an exemplary embodiment, an individual or member
is enabled to schedule a workout session in advance by
10   using a wireless device or a personal computer from a
location remote from the gymnasium where the workout
session is to occur. The individual or user is enabled to
schedule the use of various kinds of workout stations and
equipment to insure that the proper equipment is available
15   for use by the individual at the time during a workout
session when it is needed. When the member enters the gym,
his or her presence is detected and the member is tracked
throughout the workout session. Messages are displayed on
display devices by workout stations to announce that the
20   equipment has been reserved for the member at the
appropriate time. In one implementation, the member carries
a membership card which transmits signals used to determine
the member identification and location within the gym. When
the member enters a workout station area, the member's
25   individual settings for the exercise equipment at the
workout station are automatically set and the workout data
are automatically measured and entered into the member's
physical fitness database which is maintained in storage at
the gym server.
30